

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-04-07)

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A529 – TURKEY, WHOLE, RAW, FROZEN, 30-60 LB



Nutrition Information

Turkey, all classes, cooked, roasted

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A (Grade B as permitted) fresh, frozen ready to cook young turkeys without necks and giblets; may or may not be basted. Individual turkeys may weigh 12-22 lb each. Each case has not more than 4 turkeys weighing up to 14 lb; there will not be more than 2 turkeys weighing over 14 lb.
PACK/YIELD	<ul style="list-style-type: none"> 30-60 lb case. One lb AP of turkey yields about 8.48 1-oz servings cooked turkey with skin OR 7.52 1-oz servings cooked turkey without skin. CN Crediting: 1 oz cooked turkey (with or without skin) provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen turkey products in original shipping container off the floor at 0 F or below. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> TO THAW: Thaw only the amount needed for one day's use. Avoid leftovers. Thaw in refrigerator in original plastic wrappers until poultry is pliable. If accidentally thawed, cook promptly. Do not thaw at room temperature. DO NOT REFREEZE. It is not necessary to wash raw chicken. Any bacteria which might be present are destroyed by cooking. Allow time as follows: 18 lb and over, 2 to 3 days; under 18 lb, 1 to 2 days. TO COOK: Cook within 24 hours after thawing. Do not partially cook one day and finish cooking the next.

	1 oz with skin (28 g)	1 oz without skin (28 g)
Calories	59	48
Protein	7.97 g	8.31 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	2.76 g	1.41 g
Saturated Fat	0.80 g	0.46 g
Trans Fat	N/A	N/A
Cholesterol	23 mg	22 mg
Iron	0.51 mg	0.50 mg
Calcium	7 mg	7 mg
Sodium	19 mg	20 mg
Magnesium	7 mg	7 mg
Potassium	79 mg	84 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0 mg	0 mg

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PREPARATION/ COOKING INSTRUCTIONS (cont'd)	<ul style="list-style-type: none"> TO ROAST: Place whole turkeys in shallow roasting pans, breast side up. Insert meat thermometer into the center of the meaty part of the inner side of the thigh (toward the body). Insert thermometer into the center of the thickest part of the breast or thigh piece. Be sure thermometer does not touch bone. Roast at 325 °F. Cook turkey products to an internal temperature of 165 °F for 15 seconds. Judge doneness by the temperature, not by color or texture of the food. When turkey is half done, release legs to speed cooking. Cooking times: 12-16 lb = 3½-4½ hours; 16-21 lb = 4½-6 hours; 21-28 lb = 6-7½ hours. Serve promptly or refrigerate and use any leftovers within 2 days. Reheat to internal temperature of 165 °F for 15 seconds.
USES AND TIPS	<ul style="list-style-type: none"> Whole ready-to-cook turkeys may be roasted or braised.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. Cook turkey products to an internal temperature of 165 °F for 15 seconds. The pink color in safely cooked turkey is due to hemoglobin in tissues which can form a heat stable color. Smoking or grilling may also cause this reaction, which occurs more in young turkeys. Keep raw meat and poultry separate from other foods. After touching or cutting raw meats and poultry, wash working surfaces (countertops and cutting boards), utensils, and hands with hot, soapy water. Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.